

Quality Care For Kids Newsletter

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Playground maintenance is important and as the weather warms it's a great time to clean-up your outdoor environment!

- Empty containers and drain standing water.
- Repair or dispose of broken toys and play equipment.
- Rake loose-fill fall surfacing into place under and around the use zone of playground climbing equipment to ensure the proper depth for the height of the equipment.
- Assess and fix fences for entrapment risks - openings at the bottom of the fence or gaps next to the building or at gates.
- Look for loose bolts, protruding nails or other projection hazards and repair them.
- Clean up debris in the play area and sandbox.



View the Playground Report Card

<https://playgroundsafety.org/report-card/>

April is Stress Awareness Month

Child care providers often report workplace challenges, stress and high levels of burnout. These stressors have been linked to lower levels of job satisfaction and high rates of professional turnover. When stress is long term, known as chronic stress, it can lead to health problems. Professional development opportunities (education, training and coaching), adequate resources, positive co-worker relationships, and a supportive environment have been found to help buffer the effects of stress.



Tips to reduce stress

- Keep a journal.
- Explore apps that provide relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine and make sure you are getting plenty of sleep.
- Drink water throughout the day and when possible, avoid drinking caffeine such as soft drinks or coffee.
- Identify and challenge your negative thoughts.
- Reach out to your friends, family or coworkers who help you cope in a positive way.



Scan the QR code to find your local CCNC or visit online at <https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>

National Institute of Mental Health Fact Sheet

<https://www.nimh.nih.gov/sites/default/files/documents/health/publications/so-stressed-out-fact-sheet/lm-So-Stressed-Out.pdf>



Health and Human Services

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